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Your Honor Ted S. Rakoff:

I want to bring attention to. I have been requesting from Byche dept. here at MCC from Mrs Miller a Psych Evaluation since I arrived in Nov. She explained they were going to bring in outside doctor to see what was going on inside my mind day of incident, I was not in right state of mind at time. I have asked when is outside Doctor going to do Psych Evaluation. The Psychologist I was working with Mrs. Lily. said I then asked & email several times since day 1 in Nov. When was I going to see doctor see Psych Evaluation. 5/5/20. I find out you Judge Your honor have to request a Psych Evaluation, which should have been done first days I arrived here at MCC in Nov. I was placed in a very traumatic situation & Trauma, which really messed up my state of mind. I was placed in ^{5th} south G Tier for first 60 days. I SUFFERED From hearing voices, seeing lighting around fixtures. It added from my past deep levels depression, High Anxiety, nervous condition, Vertigo room spins, overly emotional, loner, memory, deep trauma. I brought the problem to Psychology they recommended Psychologist. The Psychologist says he could not control with medication. The Psychologist

medication. My anxiety, Vertigo, ②
 panic attacks, depression, nervous condition,
 being in enclosed space, mental state are
 getting worse. I ask for help Psychologist
 & Psychology & they pass the problem
 off. It is getting very bad every
 15 minutes I get up from cell bed
 & jump up walk Cell all night long.
 The traumatic situation is over whelming,
 today again Mainline MCC, I address
 the problems needing help & both Psychologist
 & Psychologist give me the run around
 again. It all added to my problems I
 arrived with state from abuse steroids
 over 40 yrs, nervous condition, depression,
 panic attacks, enclosed space, Robias, shy
 sleep apnea mental condition, Plus I have
 never been in jail before my first Federal offense
 ever. Your Honor, as you could see how traumatized
 I freaked out, over whelmed, very nervous
 & high anxiety & Froze at Plea Hearing,
 March 21, 2019. I went from MCC to a cage
 for 4 hrs into your court room Your Honor.
 The crowds, conditions & overly so much
 pressure & not able to comprehend, mind
 went blank. The fobia was so bad, my
 heart was almost coming out my
 Chest, worst than when I take test.
 I had alot past mental problems from childhood.

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Settlement Christian Brotherhood St
Stanlaw Bay St Louis, Mississippi
Catholic School. I was maledated By
Brother Raymond. The brotherhood
tried to cover the incident up & settle
the case for only \$6,000.00. I had
Dad ineffective council & used scared
tactics to make me take the take it
or leave it offer. I was so depressed
I almost committed suicide. I lived
with Pain & Anger Rage Recently.

I Have to thank Donald J. Trump, Anthony
Robbins, Zeek Zigler, The Power & Secret
For saving my life. I went to Barnes &
Noble & was like a bicycle mechanic
doing a mechanic job. I needed self
help tapes. They defused me Temporary
& Anger relief. I just had another
upset the day before the incident
that happened & why we are here my
mother son. Test settled the same
Case for over 1.6 million dollars.

I also just went to jail & a lot of our
anger & why we are in jail has to do
with built up from past. All we did was
protect & believe in our faith & our
belief religion let us down. I also just
recently lost my grandparents.
The one day I never wanted to face.

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Then major tragedy my ex fiance was in a car wreck & is in surgery. Plus I had to go to bad people stole, robbed, scammed & got over on me for being too nice. I will add \$18,000.00 worth of damage to my Van stickers Supporting President Trump, I almost lost my life over it. The liberal left Democrat leaders encourage attacks & violence. I had moved to Asheville, N.C. to attend school & work at PIZZA HUT Fairview Rd. AFTER I parked my Van. The Followers liberal left Cut my Fuel lines & disconnected my ground wires. If they had disconnected the correct wires. My Van would have blown up. I was on front lines of war between right & left. I went to Chicago, IL Rally liberal left Followers Attacked us & shut down rally & chasing us with Bats, rocks, even as far as throwing Mace & Cocotails. We filed 6 police reports. The Mayor Emmet of Chicago had police stand down order. The violence grew on both sides. What started off as funny how people were acting on both sides RIGHT & LEFT. I became apart of the nightmare. The ideology sucked you in. I have never been

involved in Politics or ever will ^⑤
again. Politics sucks you in Radical
on both right & the Left. I first laughed
at the attacks on myself. Then
the followers of the left almost
blew up my Van up with myself
inside. It was not funny any longer.
The followers went after my life
& the democrat leadership encouraged
these act. In these last 6 months
has been extremely tough. I lost
my entire life basically. Stupidity
steroids, psychological mental problems. I want
to thank you Your Honor, I am
Forever in deep Remorse.
Sincerely

Cesar A. Lopez Jr.
Cesar A. Lopez Jr. Esq. On.
17781-104
MCC NEW YORK
150 Park Row
New York, N.Y. 10007

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Your Honor Ted S. Rakoff: Sir.

I do not want to make excuses for my actions. I want to express my deepest Remorse & Forever Sorrows to All victims. I just like to express the why & clarify to yourself wondering why. To understand, what built up to this.

You have to understand my past. I looked back into my past. My name is Cesar ALTIERI SAYOC Jr. [redacted] age 57. From Paradise, Aventura, Hollywood Beach, Miami, Fla. I am an American, Philippines, Italian, with Seminole Indian Heritage traits Roman Catholic & Jewish. I was raised by 2 wonderful grand parents From Torro Del Greco & Bare Italian a motion picture star Jewellery & loan business. Who use to help poor black People with like my second father Bishop Washington Bet Sty Brooklyn, N.Y. Bishop Washington a great man was like a 3rd father. My mother Madeleine SAYOC GIARDIELLO who who business women of yr & first women president of Cosmetic Association in 50 yrs Also who raised myself my second mom Housekeeper African American lady ANNIE Alexander. We were from Bay 8th Bensonhurst,

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Brooklyn, N.Y. 1401 chopsey ave.
my father Cesar Zook SAYAC Sr.
He left everything my grandfathers
businesses & he relocated us to
Paradise Golden Shores Sunny Isle Beach,
Fla. He took us away from family,
Friends, Businesses & my dream becoming
a Veterinarian & love of animals & help
abused ones. my father second Mortgage
our home businesses & Cleared out our
College bank accounts. Our grandfather
had put money in weekly. The
Marshalls were coming the next day
to Foreclose on everything & put
us on street. My wonderful
mother almost committed suicide
& Left us 3 orphans. She was
a modern day wonder woman
trying to balance a home, my
2 siblings & myself. I was hyperactive,
with learning disabilities, on Ritalin
read sentences backwards frustrated &
test fobias. My mother wanted
the best schools for myself.

First I attended Public tutoring.
I then needed disciplinary military
schools Florida Air Academy for
2 yrs. in 1974, I was put in Catholic
Schools St Stanislaus, Bay St Louis

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Mississippi. Brother Raymond was R.T. (Resident Tutor) talked to my mom into not calling or answering myself. He raped, Penetrated, & molested & imprisoned myself for over a year. I explained to my mom "get me out of here now or I would kill myself. I did not tell her why & kept quiet about incident. She rushed to take me out of school & backed to Miami, Fla. I was getting crazier in my head. She tried 3 times to commit myself to Psych hospital, but as you know by law. The person who you are trying to commit has to be willing to be committed. I fought my mother to be committed. I did not speak of the rape, molestation for over 40 yrs. I was raised always to protect the Church at all cost growing up. I finally had time to think & then confided in a friend Don R. Jones a Attorney & U.S. Marine in Miami, Fla. I met Don in a Club I worked for in Miami Fla. We became friends. We would confide about Girl Friends from past & present. I went back to my home & called St Stanislaus, Bay St

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Louis, Mississippi, Catholic School.
 I asked if Brother Raymond were
 still there. He was still there & there
 were no reports of misconduct on
 Brother Raymond. In turn, I finally
 after 40 yrs in darkness, I confided
 in Don R. Jones. I broke down
 almost to the level of suicide. Don
 R. Jones P.D. recommended his attorney
 friends law firm Herman law.
 Herman law took me to Chicago,
 IL to meet with the brotherhood
 for 10 hrs. The Brotherhood tore
 me apart on camera. I forgot
 my roommates & that was deciding
 factor. The brotherhood sided
 with Brother Raymond & gave
 me alternative take it or leave
 it deal \$6,000.00 settlement.
 I was deeply depressed, low self
 esteem, confidence, self worth,
 Anxiety, Panic, Fobias, psychologically
 damaged, scared for life, growing
 rage, anger, let down, anti social,
 loner, etc. A lot of people who
 have gone through what I have
 gone through, Do not make it. It
 has been a growing problem
 through the church today.

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They have endless law suits. All I will say thank goodness for self help tapes. It was a temporary bandaid over my growing problem. If it was not for self help tapes. We would have been here. I held in myself for over 40 yrs. Thank God almighty for self help tapes. I seeked from Barnes & Noble. Donald J. Trump, Zeek Zigler, ANTHONY Robbins, The Power, The Secret CD's. I was like a bicycle mechanic doing a mechanics job. I had to get away fast & cool down. The anger rage I felt for over 40 yrs. My attorney at Herman Law advised me completely wrong. I found out later. I had had council. They had instructed myself to take \$6,000.00. My mother Friend son had same exact case. He was molested, raped & settled with the church 1.6 million dollars. I recently found out. I was deeply was deeply upset depressed low self esteem, no confidence, let down, loner, scared, shaking, in a silent rage & felt complete let down. A religion I loved so much disappointed myself. I was a shy person religiously my mother friend son is in prison also.

⑥

let ~~down~~ I then in turn went back into Entertainment business touring male & Female dance shows nationwide, I had to get away & not think about the end result of Church. I asked for help & people shunned myself. I was upset needed help. I was supposed to seek help from psychologist to be put on meds to help with depression. The psych let me down & did not help me. I then purchased a trailer & the business failed. Do to entertainment had changed throughout world, because of internet, AGAIN I looked back into Past, what had built up today why I ended up here MCC New York.

I had many businesses I helped people out financially 60 to 70 past failures disappointments helping people. I never took ACTION or retaliated. People I thought I could trust over, over, over again. They used myself like a door mat. I wrote off A lot of money. My motto was, if they screwed me, I would always SAY they needed it more than myself. I will give you an example Your honor with world

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respect. I was talked into Dry Cleaning business & I had left my touring show, which was very successful. I helped a friend & saved his life. He was in with a bad crowd & Drugs. I saved his life & channeled him into business. I had left my touring show, which was very successful. He then took kindness for weakness & Robbed myself daily. He stole hundreds of thousands of dollars. It was a great business. I caught him. Shortly after I call FPL (Fla Power Light). They tried to EXSTORT \$174.00 deposit. I wish I had paid \$174.00. They had 3 deposits & I STATED IF I DO NOT PAY SHUT ME OFF! SHE in turn became really rude & refused myself to talk to her manager. "I said" mam jokingly are you kidding. Do I have to blow up building to talk to someone. IT was very stupid. IT was all over \$174.00 Deposit. I had to do 1 yr probation. I had many business ventures trusting people. A lot of them had an angle to take advantage of myself. They looked to myself as weak. They took kindness for weakness.

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I always worked legally never ever illegally. In 2008 I lost everything with the big financial crisis. I worked hard long hours into the nights. My average work week was 116 hrs. I loved people of all creeds & colors. I loved to work & make a lot of money. People I helped the majority of the time took advantage of my goodness. I loved to be a workaholic. IT kept me healthy wealthy & wise & out of trouble. I was so tired of working so hard & then being taken advantage of. I had become a loner. You do not become a loner over ~~NIGHT~~. All I wanted was good friends & they only seen myself as weak & easy target. My mother stated, "When are you going to learn". Do not be nice to everyone. But I could not change, who I was. HELP PEOPLE no matter what. GOD Word & ~~ONLY~~ way. My judgement of people was way off. I lost a lot of money through lending them money & trust. My motto was my word is my bond. People had really let me down time & time again. AFTER my road show touring

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nationwide failed again. I had to do something new to make money. I then ventured into College ranks & wanted to teach College Coach Soccer division 1, 2, 3, MAIA & Jr College. I had 24 yrs of experience playing Semi Pro & Professional Soccer in North Carolina & So Florida. I had the ability to recruit & be successful & deliver a national title within a 3yr period. The problem I lacked a 4yr degree. I only had a 3yr College education. I needed a masters degree. 4000 Colleges around Country except B.U. in Mass. You needed a degree. You have to have either a master or Doctorain Degree. I did not have neither. I went ahead & Applied to 50 Colleges & the response was overly the same. They expressed interest, but one requirement you needed to be met in order to proceed further.

I was then reconnected with my college & High school Friends. They were all Judicial, FBI agent, Secret Service, State local police in Florida. I wanted to become

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in undercover law enforcement.
This y all use to come to our club
to celebrate events. I wanted to
become a part & help assist in crime.
But they informed me I could not
become part of law enforcement do
to I had a petty past criminal
record.

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I Also have relatives Miami Federal Judge PHILLIP Bloom. He passed away 2 yrs ago. Congress Women Elaine Bloom, of Fla.

One thing I am greatful for is my long time relations Judicial, Law Enforcement. From ICE, FBI, STATE & LOCAL Police.

I love assisting & appreciate them & Forever greatful keeping everyone safe.

I then met a guy Kevin Machado in Racetrack Car Station in Miami Gardens, Fla. We had a lot in common. We attended the same high school. Kevin worked at Papa John's. He worked in Sunny Isles Bch, Fla. It was Paradise He had graduated top honors from FAU (FLA ATLANTIC UNIV.) He was a

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-top school teacher. He wanted to work a safe job with no stress & not deal with lesson planning. He told myself, he had made fantastic money. I then applied. He helped forwarded my application. I was hired. I never thought to work a job to deliver pizza. It was the job you do struggling to pay for college, at age 21, 22, 23. As happy as I was working. I was able also deeply depressed. I was lost at age 28 like I was in my 50's. All of my friends were very successful with big houses, kids, Degrees, own businesses, Professionals, No Criminal records, not even a parking ticket. It was eating away at myself & fear of failure. I had to live up to a great man my grandfather on my father side. He was the great Col. Balazar Sayoc, of Philippines. He was the one who refused to join Socialist Communist Party Marcos Regime. He came from Philippine mountains, with Freedom

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Fighters Gonillas to liberate & free PHILIPPINE PEOPLE. He rebuilt hospitals & he was a world famous PLASTIC Surgeon. He was the first PLASTIC Surgeon to be observed in N.Y. city hospital by 8 million people to convert Oriental eye & reshape the American Eye. All of his instruments are patent & used by top Plastic Surgeons worldwide. All make SARCOPHAGES live in Dangerous levels Deep Depression. When you go through LIFE as a loner & depressed. You have to treat & be willing to submit to start process of healing & release past suppressed build up tragedy & ANGER. IT will eat away at you left untreated medical problems. THE WORST THING can happen to yourself. POLITICS. IT is something I wished it had never come along into my life.

See you can't understand it until you become that person. Politics is dirty, ruthless, deadly. I have never in my life ventured into Politics. I did not know the difference from Democrats, Republicans, independents, Green Party etc. I am very

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Nerve & impressive, I had no clue what was going to happen. All I knew was Politics is very dangerous. I wish ALMIGHTY God, I had never ventured. I never had anything to do with again. ever. IT IS A POISON. IT will drive you CRAZY like IT or not. Once you get caught up, you can't get out. All I knew about Politics was taxes were high, taxes were low, Economy was good or bad. Whoever was PRESIDENT received the blame. The worst thing happened it was no longer part of a team touring the country. All of my buddies had relocated to other parts of country. Every person I met tried to use myself. So I secluded myself from everyone. I didn't even know about social media, TV, facebook or twitter. They are weapons that twist & destroy minds Fast. They are real weapons of mass destruction.

I was viewing my phone & Facebook. of Donald J. Trump popped up & they showed his Cabinet. Then after a dinner event Obama

ROAST & Several Elite People verbally
 roasted Donald J. Trump. The
 very next day Donald Trump decides
 to Run for President. A Short Time after
 I saw a Rally ad advertised in
 West Palm Bch, FLA, Fairgrounds.
 So I donated \$100.00 & received my
 CONFIRMATION FOR RALLY & 3 TRUMP
 STICKERS. See I didn't know about
 Trump the Political guy. I knew
 of Donald Trump The Playboy, wife,
 USFL with Marshall Walker the greatest
 runner ever, The apprentice, big
 properties, all of his clothing line &
 suits, etc. Everyone wanted a successful
 real model, that did ITALLI, He went from
 952 million in debt to worth over 10 Billion
 dollars. He helped everyone Black Builders, etc.
 Casinos. Every one wanted to follow
 Trump before he ran for Presidency.
 The First Thing you here entering
 Trump Rally is we are not going
 to take it any more, the ~~foreign~~
 forgotten ones, etc. You met people
 from all walks of life, creed, color etc.
 It was fun it became like a new
 found drug. I was naive & cling
 to this new drug rally. Everything
 that happened to myself from

His CD's Donald Trump I was forever
 grateful for Trump I didn't know
 him, but his CD's SELF Help tapes
 that saved myself reprogramming my mind.
 When I was molested by a Priest,
 Bullied, People robbing me, to take
 advantage was all starting to come to
 ahead & rash of suppressed anger growing.
 You were no longer a loner & becoming
 part of something, IF you
 weren't at a Rally, it was all over
 social media, T.V., RADIO, Facebook,
 TWITTER. It was Political war between
 the right & left. Facebook, Twitter,
 Social media became like a video
 game, Someone would send an attack
 TEXT & then you would TEXT back.
 It was the most craziest Political
 Election. I was getting so wrapped
 up in this new found fun drug.
 I had attended a rally in Miami,
 FLA, FT LAUDERDALE, IL & Chicago,
 IL. I was ATTACKED by leftist
 fanatics DEMOCRATS encouraged
 by leadership. I later found out
 from T.V. social media George Soros,
 Hillary Clinton, Barrack OBAMA, &
 others took out ads on CRAIG'S
 LIST paying upwards of \$1,500,000

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 to radical left wing Organizations
 to ATTACK CONSERVATIVES & Trump
 Supporters in Public & SHUT DOWN
 Rally's. The DEMOCRATIC leadership
 tried to blame Bernie Sanders.
 Among them was ANTIFA, Democrat
 Socialist, etc. They were extremely
 violent, throwing Bottles, Rocks,
 Swinging Bats, even throwing
 Molotov cocktails. I arrived
 Back to SO FLA from Chicago,
 ILL. Mayor Emanuel had Police
 on Stand down order.

The leftist leadership encouraged
 their followers violence. It was a
 worth of damage to my Van.
 My Van was covered with stickers.
 Stickers Supporting Trump.
 I LAUGHED at first, it was
 ridiculous. How people were reacting
 violence on BOTH SIDES. I had
 reported to police reports. The
 level of damage ranged from
 windows, tires, slashed, doors
 totally destroyed & totally breaking
 my property & stolen. Then President
 Trump wins White House. I go
 to inauguration in Washington, D.C.
 more attacks became frequently.

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I was ATTACKED on train
Back from migration to
Maryland where I started
in a hotel. Everywhere
I drove, it was met with
fierce RESISTANCE. The more
it happened the stronger my
resolve came to continue to
advertise President Trump
message to make America
Great & SAFE again. I then
had plans on returning
to Brevard College, N.C. to
complete my B.A. degree.
I carefully planned my
completion of my B.A. Degree.
I moved to Asheville, N.C.
In March 2017 to work for
Pizza Hut & attend school
in Brevard, N.C. I had worked
tirelessly for 10 yrs to complete
my degree. I had left 3
years of college degree
uncompleted from 1981.
It is my life long dream
to finally complete my 4 yr
degree. My finances were
short. I was working for
Pizza Hut. I was ATTACKED

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by leftist radical groups & violence grew. The radical liberal leftist Democratic leadership was encouraging their followers to carry out violence. The leftist leadership on many video's. From Eric Holder new democratic party kick & attack them, Joe Biden take them out back & attack & punch them, maxim waters get in Trump Supporters face chase them & attack & push back on them. You are not wanted here, Cory Barker dont just go home go to Hill & get in Trump Supporters & Congress face, Kamalia Harris, Barrack Obama, John Brennan, James Clapper, Hillary Clinton, Tom Steyer & CNN. Their false narrative divided the country & not reporting the facts & real news. The media false narrative divided the right from the left & encourage violence seen across the country daily & nightly. It was so bad the leftist Followers had cut my Fuel lines & Battery Straps, that grounded my battery. My mechanic from Asheville, N.C. had informed myself, "that if the liberal left followers had disconnected the right wires. I would not be here today." They also punctured my coolant lines, which caused my engine & head gaskets to crack. I had to replace my engine & rent a car. I had to

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pay the bill with my college money. I had saved for over 10yrs 2wks prior to the liberal left had blown up a Republican Headquarters in Asheville, N.C. I almost went to visit. It had begun to snow 6°. The weather was so bad for 4wks. I could not work due to the snow & bad weather. I returned back to So Fla to work at Papa John's. The founder John Schnitzer had stated a racist comment concerning Kolen Kaperdam & NFL kneeling. The Papa John's Founder had caused our drivers to be executed in Harlem, N.Y. 3 in No Mia Bch, Fla, 2 in Hollywood, Fla, 3 in West Palm Bch, Fla. I also became a target many times. I felt my life was in danger. I had to work delivering Pizza to no go zone areas, such as Liberia, Hollywood, Fla 3 murders a month, Foster rd Hallandale Bch, Fla 7 murders a month, West Park, Hollywood, Fla 3 murders a month. There were constant attacks from leftist leaders Followers daily. The attacks were so vicious a 15yr old kid pulled out a gun on myself. I walked away. I delivered Pizza for Pizza Hut. The leftist went as far as emailing my boss trying to have me fired with false Allocations. My bosses had to

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investigate the facts. The attacks continued day after day on into midterm Elections, as social media, Fox, CNN, NBC, CBS, ABC, MSNBC, Facebook, Twitter, propaganda, Political messaging & leaders leftist encouragement promoting violence continued conspiracy false information. Attacks did not stop. The idea first was how to tune down the liberal left violence platform. It was a crazy political time ever witnessed in American history. The violence propaganda was so intense there was no escaping Political Politics. It was so bad, I had friends that disassociated with myself, ~~then I was~~ ~~never~~ ~~before~~ ~~in~~ ~~my~~ ~~past~~ ~~ever~~ ~~was~~ ~~political~~. No matter where you went. You cling to it like a drug addict ~~and~~ ~~needed~~ ~~help~~. ~~I~~ ~~was~~ ~~the~~ ~~most~~ ~~scared~~ ~~time~~ ~~in~~ ~~my~~ ~~life~~. It was the most scared time in my life. Whether a drug or ideology, it is something. Plus I was using heavy amounts of Steroids, 274 different Supplements & Vitamins & GLT etc. All I have to say is I was not of my friend wanted to help me with this condition. ~~I~~ ~~was~~ ~~not~~ ~~able~~ ~~to~~ ~~believe~~ ~~in~~ ~~myself~~. People observed my ~~condition~~ ~~and~~ ~~said~~ ~~I~~ ~~was~~ ~~not~~ ~~able~~ ~~to~~ ~~believe~~ ~~in~~ ~~myself~~.

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April 24, 2017 people had analysed myself. I could not believe it was myself. I had never even seen myself react that way before to anything & not being able to pull myself back. I went from a beautiful life, cars, women, big houses, success moderate thinking. I was not far right, not far left. Politics is a very scary dangerous ideology for a person of my nature, that never knew anything about politics before. I was not able to pull myself back from this sickness I had & needed help. I have never cared for or ever will again. I was not in right state of mind at all when this occurred. I can not say enough how remorseful with all my heart sorrow over & over again. Your honor I have learned a very valuable awaking lesson, I will never be apart of

5.3.

again any politics. Especially at my age 57. I was 10 yrs away from retirement. I had a perfect life. I had 3 bills, one was credit card bill, a cell phone bill, car insurance. I had a perfect job \$1,000.00 a week, 30 minutes on the beach every day & train at L.A. Fitness gym 2 times daily. My Friend & Business partner were just getting a business of food & Recycling Plastic company started. We were partners with U.S. Government. I was too busy & Politics had no room in my life.

I lost everything from this Political nightmare devices. I lost over \$120,000.00 & my credit was destroyed. I am a sincere, emotional, good hearted, workaholic, caring, loving human being with endless potential. I am & always the one to preach to everyone to stay out of trouble & walk a straight line. I have constantly educated the youth about staying out of trouble & out of the system. Emotional good hearted, I can

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happen to anyone there is no
 regret. When you have a mental
 problems, nerve, impressionable
 weakness & a loner. You watch Politics
 on both sides Right & Left. You
 cling to it worse than a drug.

Politics you play with your life
 & freedoms. I want to apologise
 with my entire self, heart,
 sympathy remorse without
 excuses to all the victims, you
 your honor, prosecutors, FBI,
 police & all America. I will
 never again ever venture into
 ever again Politics. ~~Life is so~~

~~wonderful~~ I made a mistake in
 forever deep remorse overly emotional.

LIFE IS so wonderful. You have
 to appreciate the simple & happy
 every second, every minute &
 everyone whoever comes into
 your life from all walks of life.

I am not the same person,
 I was at time of this nightmare
 happened in October 2018. I have
 changed in a very positive way &
 God has guiding me into the light
 of change & Forgiveness, release past hurts.

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 I admit mistakes as a human being &
 have learned to release demons from
 past hurts from others onto myself.
 To live as God does forgive my enemies.
 I will do whatever you ask Your
 honor to make up for my error.

I am a very good person to everyone.
 I lost my head, steroids altering my
 growing anger. I made a bad choice
 taking them to help enhance evil work.
 I lost control of myself & mental state
 from them. I am a very naive,
 impressionable, stupid & clinged
 to ideology. I had no idea how to
 grab hold of myself. I will close
 this. Those who want to hurt
 you, don't win. And those who you
 beat back & then you destroy yourself.
 Your honor Judge Ted S. Rakoff Sir.
 I ask for another chance. I will like
 the opportunity to keep doing positive
 things for my family & the community & to
 my family. I have some goal I want to
 accomplish, if I get the opportunity once
 again to be a productive member of the
 community. I would like to be a speaker
 to youth & other organizations. To denounce
 violence & always to think before acting. You
 have my word. I have learned a very

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 Valuable lesson to always, stop, think,
 ask to put a stop to ANGER & minds
 thoughts of calm reaction & let go of
 negative emotions. I will make you
 very proud. Thank you for considering
 not giving me the fullest extent of
 punishment of my sentencing guide lines.

Sincerely,

Chris Clinton Saxe Jr.
 IDEAN ALTERN Saxe Jr.

~~177811441~~

MCC NEW YORK

150 PARK BLVD

NEW YORK, NY 10007

Your honor I would also like to start
 a non profit organization for loners
 & hurt people. So people will not learn
 & go down the same path that I did. I
 can change so many lives through
 touring throughout the US. There
 are alot lonely people, that feel helpless
 left back & cling to ideology. I would like
 to make a difference & change in the world.
 I want to make you proud & path to
 recovery, which already has begun. Thank
 you Your honor.